

The Fort Huachuca Scout®



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Photo by Spc. Creighton Holub

Women, a precious resource

SPC. MARCUS BUTLER
SCOUT STAFF

Unsung heroines have been the very backbone of stability that has shaped the world as we see it today. Whether it was in time of peace or war, women have always been there, standing strong ready to take on the challenges that were presented before them.

In 1978, the Education Task Force of the Sonoma County Commission on the Status of Women in California began a "Women's History Week" celebration. The week was chosen to coincide with International Women's Day, which was first celebrated March 8, 1911, in Europe.

Three years later, the U.S. Congress passed a resolution establishing National Women's History Week, which was expanded to a month in 1987 at the request of the National Women's History Project. Every year since then Congress has issued a resolution for Women's History Month.

March is set aside as a time to remember and celebrate the contributions of women to American life. It is also a time to reflect on the many ways women's lives have changed because of the women's rights movement, and to consider changes yet to be made.

Despite oppression and delayed justification, women

still rose above and continue to rise above those challenges.

I think Maya Angelou said it best in her poem "Phenomenal woman."

"Now you understand just why my head's not bowed. I don't shout or jump about or have to talk real loud. When you see me passing it ought to make you proud. I say, it's in the click of my heels, the bend of my hair, the palm of my hand, the need of my care. 'Cause I'm a woman phenomenally. Phenomenal woman, that's me."

Recognizing women's struggles and victories should be essential to every living person on this planet. I know it is because one of the single greatest persons, role models, mentors, friends that I know is a woman, my mother. Without moms, no one would be where they are today, no one.

From the poem "Still I Rise" by Maya Angelou, "You may write me down in history with your bitter, twisted lies. You may trod me in the very dirt but still, like dust, I'll rise. Out of the huts of history's shame, I rise. Up from a past that's rooted in pain, I rise. Welling and swelling I bear in the tide. Leaving behind nights of terror and fear I rise. Into a daybreak that's wondrously clear, I rise. Bringing the gifts that my ancestors gave, I am the dream and the hope of the slave. I rise, I rise, I rise."

Post Soldiers have write stuff

SCOUT REPORTS

Fort Huachuca Public Affairs must be doing something right.

The Southwest Region of the Installation Management Agency announced their winners for the 2004 Keith L. Ware Journalism Awards. Spc. Joy Pariente, Scout staff, snagged the distinction of Rising Star for Outstanding New Writer and Spc. Susan Redwine, also Scout staff, took second in that category.

Former Scout staffer, Spc. Matthew Chlosta, took two first-place distinctions and one third-place honor.

The Keith L. Ware Journalism Awards are the highest recognition an Army journalist can receive. The first place regional winners' entries will move forward to Department of the Army level judging to compete against the rest of the Army's major commands. Winners at the DA level will be announced March 18.

The Scout finished third in overall newspaper competition.

Scout On The Street

Who is the most influential woman?



MIKE BAFUS
CIVILIAN



CPL ALEX SPANOPOULOS
COMPANY A 309TH MILITARY
INTELLIGENCE BATTALION



DEAQUANITA "DEE" WILSON
CIVILIAN



CAMRYN PETERSEN
DAUGHTER OF ANDREA AND
MARVIN PETERSEN

(Secretary of State)
Condoleezza Rice. She is the
first black woman to be the
secretary of state.

Hillary Clinton. She's the most
famous.

My grandmother, because she
raised me, I look up to her.

Mom.

The Fort Huachuca Scout

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Army makes 10 more specialties eligible for cash

BY MASTER SGT.
CHARLES BRANDON
U.S. ARMY INTELLIGENCE
CENTER AND FORT HUACHUCA

Ka-ching!

Sergeants first class in 10 more military occupational specialties now qualify for the Army's Critical Skills Retention Bonus Program. The amounts can range from \$20,000 to \$50,000.

Five of those specialties (one in signal command and four in military intelligence) can be found here at Fort Huachuca.

Those local specialties that are now eligible for the extra cash include: 25S Satellite Communication System Operator, 96D Imagery Analyst, 96U Unmanned Aerial Vehicle Operator, 97E Human Intelligence Collector, and 98G Voice Interceptor (Arabic dialect only).

To be eligible, Soldiers must be in good standing, fully reenlistment eligible (although no reenlistment is required), and have reached 19 years, six

months active federal service. The minimum commitment to receive the bonus is two years. A two-year agreement will pay \$20,000 dollars and bonus increments are increased \$10,000 dollars for each additional year through the maximum of \$50,000 for a five-year agreement.

As an exception to policy, sergeants first class are allowed to exceed their 24-year retention control point and serve up to 25 years in order to maximize the bonus amount.

Bonuses are paid for agreements of full 12-month years only.

"All of these Soldiers are already on the indefinite reenlistment, which allows them to serve to their retention control point,"

Staff Sgt. Matthew Calhoun, 111th Military Intelligence Brigade senior career counselor, explained. "That's the great thing about this bonus; Soldiers do not generally have to commit to more time. They just agree to serve the time they are already contracted for. I processed the paperwork for a 96U the other day. It's a simple process."

Applying for the bonus money involves completing the Critical Skills Retention Bonus memorandum and obtaining a separate endorsement memorandum from the first lieutenant colonel in the Soldier's chain of command. Soldiers

should contact their servicing career counselor for more specific information and assistance in completing the forms. Once completed, the application is faxed to Human Resources Command for approval.

It takes about one month for approval for Soldiers in the military intelligence branches once the office

receives the completed forms, Sheryl Carroll, Human Resources Command bonus manager explained. Once they're approved, the documents are sent to the servicing career counselor via fax.

"I take care of submitting the documents to finance for payment, local finance offices are not involved," Carroll explained. "Right now I'm inundated with these requests."

The Defense Finance and Accounting Service in Indianapolis usually releases the bonus payment to the Soldier in 45 to 60 days Carroll said. The money is paid in one lump sum.

The Post Retention Office has identified 11 military intelligence Soldiers stationed on Fort Huachuca who are currently eligible for the bonus. Another 10 are nearing eligibility. If you are nearing or over the 19-year mark, see your career counselor to check if you qualify and get paid for your service. Milper Message 05-050 issued Feb. 21 contains the latest information on the program.



Photo by Elizabeth Davie

Russian plane visits

An A-124/100 ANTONOV Condor cargo plane, the Russian equivalent to the U.S. Airforce C-5 Galaxy, landed at Libby Army Airfield Saturday. The plane landed at noon, then took off again just hours later after being loaded with equipment. "It's like our military C-5 but it's larger, can haul more equipment, and it looks different," Donna Studebaker, unit movement coordinator, Directorate of Logistics, said. The commercial aircraft arrived from Alexandria, La., and was manned a crew of 17 Russian civilians. The aircraft was subcontracted through the Air Force because the American C-5s are all currently in use, Studebaker said. Sgt. 1st Class Carlos Nieves, airfield noncommissioned officer in charge, said his research has shown that this type of plane holds 30 different world records and can hold 53 percent more payload than the American C-5. Nieves said he was excited about the landing because it was his first time seeing such an airplane. "We've had Spanish, French, Italian and German planes, but I haven't seen a Russian one here," he said.

AER needs Soldier contributions

BY SPC. CREIGHTON HOLUB
SCOUT STAFF

The post Army Emergency Relief drive took in more than \$114,000 last year and the AER wants to achieve even more this year.

"I want to step it up," Sgt. 1st Class Marty Peterson, post emergency relief campaign coordinator, U.S. Army Garrison, said. "If each person (on post) would give \$20, we would meet our \$250,000 goal."

The money contributed to the relief fund goes to help Soldiers Army-wide, not just on post. The fund-raising campaign started March 1 and runs until May 1.

The fund supports both retired and active-duty Soldiers and they don't have to contribute to be eligible for assistance. Civilians, retired military personnel and current military personnel may contribute to the AER said Randy Lewis, post AER officer.

"We're working everyday to improve what we can do for Soldiers," Lewis said. "When Soldiers deploy, we help take care of their families."

Last year, Fort Huachuca Soldiers, retired military personnel and survivors received \$309,481.16 in loans and \$10,494.57 in grants. The program was able to assist 477 active duty Soldiers,

19 retired personnel and four surviving family members.

AER is a private, non-profit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff, according to the program's Web site: www.aerhq.org. The organization's mission is to help Soldiers and their dependents, according to the site.

The program can help with emergency financial needs such as food, rent, utilities, funeral expenses, medical and dental expenses, personal needs when pay is delayed or stolen, and scholarships. However, AER can not help pay for nonessentials, finance ordinary leave, pay fines or legal expenses, help pay debts, house purchases or improvements, pay for renting, leasing or purchasing a vehicle, cover bad checks or pay credit card bills, according to the Web site.

Appointments aren't necessary, and Soldiers in need of the AER's services should contact Lewis or Bob Fletcher directly at 533-5972.

The post AER office is located in the Army Community Services building and opens from 8 a.m. to 4:30 p.m. Monday through Friday. For more information, call Lewis or Fletcher or visit the AER's Web site: www.aerhq.org.

Woman's History Month

Civilian women played major role in WWII victory

BY RUDI WILLIAMS

AMERICAN FORCES PRESS SERVICE

No one knows what the outcome of World War II would have been if more than 18 million women hadn't worked in home-front defense industries to free men for overseas battlefields and keep the nation running.

World War II factory worker Thelma M. Snyder believes the war would not have been won without the help of millions of women on the home front. And she's right, according to historians.

Women across America — Snyder, a former country schoolteacher among them — gave up their jobs to work in the defense industry, performing jobs previously reserved for men. Other women who previously hadn't been in the work force added jobs in the defense industry to their traditional responsibilities of cooking, cleaning and taking care of children.

Snyder said this turned "traditional" housewives and mothers into wartime workers.

The "Rosie the Riveter" poster was the most famous image of working

women during World War II. "Rosie" represented women who were working as welders, machinists, mechanics, pipe fitters, electricians and boilermakers.

But women performed many other jobs that men had done before heading for battlefields in Europe, the Pacific and East Asia.

"Everybody was working to win that war," Snyder emphasized. "A lot of the workers in the war plant were women. They were struggling too, because they had families and they'd work eight or 10 hours at the plant and then go home and have to do laundry, ironing, cooking and so on to take care of their families."

Women served in the military in unprecedented numbers during World War II, Linda Denney (Snyder's daughter) said, "but the women on the home front really contributed a great deal by stepping into many jobs that men performed before."

She said that's especially true in the production area, because the country had to produce the military materials needed to wage the war.

When the United States entered the war, the country didn't have a whole lot

of ships, airplanes, bombs or anything else to fight the war with Snyder pointed out. "We had to build a lot of that stuff after we were into the war," she said. "That's the reason they were coaxing the women to go to work. And women did go to work because they felt their boys were over there needing all of these materials."

Women put in some awfully long days, but everybody was working together during that period, Snyder said. "Never in the history of the country was there a time when everybody was seeing eye-to-eye," she noted. "We didn't have a lot of criticism, and the news people were very good about not publishing anything that would hurt the cause. It's kind of hard for some of us that went through that to accept some of the stuff that goes on now."

She said there hasn't been that much togetherness in this country since then. "People were not together like that during the Vietnam War," Snyder noted. "All these wars that have been going on lately are definitely not like that."

See SNYDER, Page 14



Photo by Rudi Williams

World War II factory worker Thelma Snyder poses with her daughter, Linda Denney, in front of one of the National Women's History Museum exhibits at the Women in Military Service to America Memorial in Arlington, Va.

Civilian employee cited for war zone organization

BY STEPHEN LARSEN

PUBLIC AFFAIRS OFFICER, DEFENSE COMMUNICATIONS & ARMY TRANSMISSION SYSTEMS FORT MONMOUTH, N.J.

Ralph Meacham, an employee of the U.S. Army Information Systems Engineering Command at Fort Huachuca, has been selected as one of the 12 Outstanding Command, Control, Communications, Computers, Intelligence, Sensors and Reconnaissance Personnel of the Year for 2004 by the Communications-

Electronics Life Cycle Management Command.

Meacham, who provides matrix support to the Kuwait Iraq C4 Commercialization program — the multi-billion dollar program through which the Army is providing enduring communications infrastructure for United States and Coalition forces in Southwest Asia — will be recognized at an awards ceremony on March 24 at Fort Monmouth, N.J. with a Department of the Army honorary award and a plaque.

As the KICC program's

Deputy Assistant Project Manager for Advanced Planning, Meacham was one of the four original personnel who, in June 2003, created a functioning, entirely-new project management organization in a war zone. He is being cited for his work in 2004 in successfully integrating resources — including people, processes and industry and government capabilities — to provide C4ISR systems to support Operation Iraqi Freedom.

"I am an engineer by training and experience," said Meacham.

"I was blessed with some early experiences that educated me to the fact that 'systems' are more than electronic boxes — this is even truer of the KICC mission. My goal has been to put together the web of experience so we could pull together elements to field complex systems which deliver essential battle command to the force through battlefield acquisitions processes."

"Ralph has a unique talent for successfully leveraging the skills

See MEACHAM, Page 14



Ralph Meacham

Be aware of your colon: screening save lives

BY SPC. JOY PARIANTE

SCOUT STAFF

This year, thousands of middle-aged Americans will be attacked by a silent killer.

Colorectal cancer is the second leading cause of can-

cer related deaths in America, and most victims won't even realize they have it.

Colorectal cancer includes cancers of the colon, rectum, anus and appendix, and it very rarely shows symptoms. Colorectal cancer will kill 56,000 people this year. In addition, approximately 131,000 new cases of this cancer will be diagnosed.

According to the American Society of Colon and Rectal Surgeons, colorectal cancer strikes both men and women with equal frequency. However, black and Hispanic people tend to be diagnosed more frequently in the difficult-to-cure advanced stages and Alaskan native women have the highest colorectal cancer

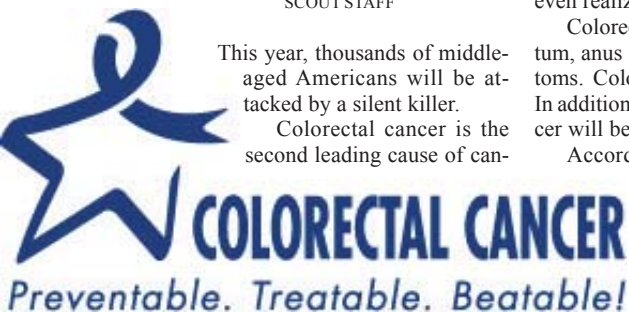
mortality rate of any racial or ethnic group in the United States.

Raymond W. Bliss Army Health Center recommends people begin receiving colorectal cancer screenings at age 50, said Gertrude Mackey, registered nurse, a pre-admissions nurse at the center.

People with a personal or family history of colorectal, endometrial, breast or ovarian cancer or polyps or inflamed bowel disease should begin receiving screening earlier.

Symptoms of colorectal cancer are rare, but do occur. They include: blood in or on the stool, a change in bowel

See CANCER, page 14



Don't forget baby TRICARE

TRIWEST HEALTHCARE
ALLIANCE RELEASE

Life can get hectic when there's a new addition to the family, but don't let time slip away before enrolling the newborn in TRICARE's Prime health care plan.

Under the plan's new policy, parents now have 60 days from the birth or adoption of TRICARE eligible children to enroll them in TRICARE Prime to help avoid delays or gaps in processing health care claims.

Children must be registered in the Defense Enrollment Eligibility Reporting System database within the first 60 days of their life or adoption or they will not show as being eligible for TRICARE Prime benefits.

To register, obtain a copy of the child's birth certificate, certificate of live birth, or adoption papers, and file it with the instal-

lation personnel office. If the sponsor is deployed or on temporary duty, the other parent or a guardian should be prepared to show power of attorney to register.

With unique issues brought about by deployments, the enrollment time may be extended

in certain cases.

For questions about TRICARE coverage, visit www.triwest.com, call 1-888-TRIWEST (1-888-874-9378), or contact the DEERS support office at 1-800-538-9552 from 6 a.m. to 3:30 p.m. Pacific time Monday through Friday.



Photo by Elizabeth Davie

Soldiers online debuts this week

BY ERIC W. CRAMER
ARMY NEWS RELEASE

The redesigned Web site's online address is: www.army.mil/soldiers.

Gil High, editor-in-chief for Soldiers Magazine, said the online version will augment the popular print version of the magazine.

"It will be the one-stop source for Soldiers information — news, features, what they need to do for their career, their family and anything else they need to know," High said.

He said the online Soldiers can be accessed through Army Knowledge Online as well as through most Army-related Web sites.

"You should be able to click on an icon that looks like the

cover of the magazine and be taken to the online version," High said.

He said the online Soldiers will be different from the print publication, although the print version and its archives will be available online.

"Online, we'll have daily updates, a new feature each day from commands throughout the Army, from Morale Welfare and Recreation, Army News Service and other organizations," High said. "It will also link to items of career interest. Our goal is to have it link to things of interest to Soldiers."

With all this data, one could ask why the printed version will be retained.

"The printed product is something people still enjoy," High said.

Noxious plant discovered on post

BY SPC. SUSAN REDWINE
SCOUT STAFF

A foreign invader has gotten a foothold on post.

This isn't a terrorist cell however; it's a plant on the Federal Noxious Weed List.

The onionweed, a plant that is native to southern France and Eurasia, is creeping its way into southeast Arizona, Gary Russell, state operational support officer, U.S. Department of Agriculture, Animal and Plant Health Inspection Service, said.

While no one knows exactly when it was first introduced into Arizona, it was first identified in Cochise County last year, Russell said.

And now it's been identified on Fort Huachuca.

Robert Bridges, ecologist, Environmental and Natural Resources Division, Directorate of Public Works, said it was first reported last week at a location near Libby Army Airfield.

"Until this patch was just discovered, we hadn't found it on fort," Bridges said.

He added that the invasive plant is known to have worked its way into southeast Arizona on construction equipment from Texas.

He said it was found in Tombstone first, then in Sierra Vista, but the recent identification of the plants by the airfield is the first instance where it has been found on post.

Onionweed was registered as a noxious weed federally in 1999, but prior to that it might have been sold commercially, so no one really knows when it was planted in this country, Russell said. But in addition to being found in Texas and Arizona, the plant has been found in several counties in southern California, he added.

He described the plant as looking similar to the onion above ground, but with a different root system. Because the plant is not actually in the same family as the onion, it does not form bulbs, but a fibrous root system instead.

The main hazard of the plant is that it could choke out native vegetation. With no natural checks and balances in the environment it's moving into, the plant can propagate at a very fast rate, John Roberts, natural resources management specialist, Directorate of Public Works, said.

"It's that whole ecosystem thing," he said. "One species depends upon another, which depends on another. When that chain is broken, it affects everything."

ken, it affects everything."

"It's not palatable to livestock or wildlife," Russell said. "It will crowd out your native plants and take over the landscape if you let it go."

Russell also said the plant is considered a "noxious plant" because it's under regulatory control, and is not officially thought of as established due to the aggressive eradication program against it.

Both Bridges and Roberts said they want

to increase awareness of the pest on Fort Huachuca. If more people know about the plant, then more people can look for it. Anyone on post who identifies the plant should call Roberts so that he can have it removed with the least chance of spreading.

"When it first shows up is when we have the best chance of stopping its spread," Roberts said.

If you find onionweed anywhere on post, call Roberts at 533-7867.



Photo by Spc. Susan Redwine

Onionweed, a noxious plant, has recently been found on post.

Victim Advocacy Program used as model

BY AMANDA KEITH
SCOUT STAFF

Fort Huachuca's Victim Advocacy program has been selected as the training ground for other Victim Advocacy programs in the states.

Another post, Fort Lewis, has been selected as an example for large sites. Fort Huachuca was picked as a representative of a medium-sized location.

"That's quite an honor for us" Linda Moseley, the Fort Huachuca victim advocate, said.

A video crew visited Fort Huachuca last week to document the procedures and protocols of the Victim Advocacy Program. These segments will be made into a video and a CD-Rom, and they will be used to train victim advocates from other installations.

"Fort Huachuca and Fort Lewis were selected...as the VA programs for the Army, which means based on our performance; they're using that as the exemplary performance level for other installations," Moseley said.

This performance is based on the percentage of new enrollees in the Victim Advocacy program who "go on to being effective members of society, and right now, it's 70 percent," Moseley said.

The video segments staged a domestic violence situation and the procedures for dealing with a situation, giving an inside look into how the Victim Advocacy program works.

One of the segments starred the Deputy Garrison Commander (and Retired Lt. Col.) James A. Chambers and Moseley, who acted out a meeting over the fate of an accused batterer.

The staged meeting concerned a fictional Staff Sgt. Gomez who was under investigation for hitting his wife, Beth. Moseley, representing Beth, asked for an extension of a no-contact order (typically, a no-contact order is effective for 72 hours), while Chambers brought up

some possible command concerns over where to house Gomez during the no-contact extension.

"I don't see why we need to keep punishing this Soldier," Chambers said in character, raising the issue of Gomez's work ethic versus his family life. "He's a good Soldier," Chambers added.

Other concerns, such as rumours of infidelity on Beth's part, the safety of the couples' 3-month-

Fort Huachuca and Fort Lewis were selected...as the VA programs for the Army, which means based on our performance; they're using that as the exemplary performance level for other installations.

**Linda Moseley
Fort Huachuca victim advocate**

old daughter and the need for counseling for both parties were also raised, but eventually, the no-contact order extension was granted.

"Thank you for what do you for Soldiers and their families," Chamber said to Moseley as the segment ended.

The longest segment of the shoot took place at the site of a staged situation. When the video is released, other advocates will see a first hand glimpse of the initial meeting of the victim advocate and the victim that takes place immediately following an incident of domestic violence.

Sylvia Shipley (the victim advocate intern), with the help of some makeup, played Mrs. Campbell, wife of Staff Sgt. Campbell, the fictional offender. Shipley described to Moseley and Capt. Randolph

Morgan, commander 18th MP Det. the escalation of domestic violence in her marriage, from verbal putdowns to this, the first incident of physical violence that was set off by the dis-



Photos by Spc. Marcus Butler

Two Soldiers from the 18th Military Police Detachment demonstrate the proper procedure in apprehending a suspect during a mock domestic violence call.

ruption of a television show her husband was watching.

Moseley and Morgan, playing themselves, talked with Shipley about her options and what they could for her, such as moving her and her children to a shelter, the neighborhood watch program with hourly drive-by service, and retrieving her military ID card.

"I want victims to feel comfortable calling command," Morgan said.

Footage was also taken of the apprehension of the batterer and the phone call from the on-site investigator. The military police officers were played by Pfc. Brian Rodin and Spc. Robert Haskell. Kimberly Bridges, whose house was used for filming, played Mrs. Campbell's

friend.

The video will be produced by RCI, a professional services company based out of Vienna, Va. Adam Schreck from Hitched DVography directed the shoots.

Following the shoot, Chambers presented Schreck, Karen Lochli of Resource Consultants, Inc., Katy Burke of DefenseWeb and Moseley with souvenir coins.



U.S. Army Soldier Show needs technicians, more performers

BY TIM HIPPS

ARMY NEWS RELEASE

The U.S. Army Soldier Show needs three technicians to handle audio and lighting for its 2005 tour. Artistic director Victor Hurtado also is open to hopeful performers submitting 11th-hour applications for live auditions March 12 and 13 at Fort Belvoir, Va.

Because of deployments and military commitments to Operation Iraqi Freedom and Operation Enduring Freedom, several Soldiers – including three techs – will miss an opportunity to tour with this year's show.

"We are definitely in need of additional technicians and we

welcome additional talent as well," said Hurtado, who asks candidates to promptly contact him via e-mail at Soldiershow@cfsc.army.mil. He will reply with applications and procedures.

"We had a full cadre of technicians and we lost three in two days," said Hurtado, adding that two sustained injuries and the other received orders to attend drill-sergeant school.

For the moment, technicians Pfc. Joel Gette and Pfc. Abraham Hazbun, obtained from Army Entertainment Division's 2005 Margaret "Skipper" Lynn Stars of Tomorrow Talent Contest, are the show's saving grace.

Nineteen performers are

scheduled for live auditions, but three may be excluded because of duty extensions in Korea, said Hurtado, who would like to have 22 to 25 performers audition.

Hurtado evaluated more than 400 performer candidates for this year's show and selected 25 for auditions. From those, less than 20 can make the show so Hurtado has invited two alternates to audition.

"We can tour with 14 people, but with the cast being the crew as well, that just makes it much more difficult on the cast to set up and tear down," he said. "The idea is not to bump people but to have enough people to carry the weight."



Photo by Tim Hipps

AKO Supports Army Library Program

ARMY NEWS RELEASE

Army Knowledge Online is partnering with Army Libraries to provide a broad scope of Army information that is readily accessible 24 hours a day. The AKO site, which serves as the Army Libraries Community page, provides user authentication and access to those services restricted to authorized Army users.

The Digital Army Library Service is the Army Library Program's homepage and its virtual library. Featuring a worldwide network for an Army in transformation, ALP has 81 general, 67 technical, 24 academic, and six other special libraries. DALS also features 18 databases holding 8,000 full text journals and 2,675 e-books that were funded by the U.S. Army Community & Family Support Center. Additionally, DALS provides access to 2 million items from 34 military libraries in the Military Education and Research Library Network.

Supporting deployed Soldiers, DALS institutionalized

AKO user desktop access to a 24/7 Ask A Librarian Service. Launched on AKO in May 2003 and accessible to 1.7 million users, this service shares expertise across the Army worldwide. It leverages the expertise of librarians in 29 global Department of Defense libraries; facilitates access to unique Army print collections; and supports concurrent creation of an Army knowledge base.

A strategic, knowledge-management resource, the Army Libraries Program enables the Army to gain and maintain full-spectrum knowledge superiority.

Army Library Program and Related Sites

- Army Libraries Community page at www.us.army.mil/suite/login/welcome.html
- Digital Army Library Service www.libraries.army.mil
- Library Reference Center www.libraries.army.mil/refctr.htm
- Military Education & Research Library Network merln.ndu.edu

Kudos



Maj. Gen. James Hylton rewards Dora Diane Smith for being the February Civilian of the Month in front of 100 people at the Military Affairs Committee luncheon March 2.



Maj. Gen. James Hylton rewards Sydney Torres for being the January Civilian of the Month in front of 100 people at the Military Affairs Committee luncheon March 2.



Maj. Gen. James Hylton rewards Staff Sgt. Melissa Waldman, 111th Military Intelligence Brigade, for being the Instructor of the Quarter at the Military Affairs Committee luncheon March 2.

Range Closures

Today – AB, AC, AD, AE, AF, AG, AL, AM, AN, AU, AW, T1, T1A, T1, T3

Friday – AB, AC, AD, AE, AF, AG, AL, AM, AU, AW, T1, T1A, T2, T3

Saturday – AB, AE, AF, AL, AM, AU, AW, T1, T1A, T2

Sunday – AB, AE, AF, AU, AW
Monday – AA, AB, AF, AU, T1, T1A, T2, T3

Tuesday – AA, AB, AF, AH, AK, AL, AR, AU, T1, T1A, T2, T3

Wednesday – AA, AB, AC, AD, AF, AL, AU, T1, T1A, T2, T3

For more information, call Range Control at 533-7095. Closures subject to change.

Commanders/First Sergeants Course

Attention all incoming company commanders. The next Company Commanders/First Sergeants course is scheduled for Tuesday-Thursday. This course is mandatory for all incoming commanders.

First sergeants are highly encouraged to attend. To register call Suzette Krusemark, DPTMS, at 533-3185, or contact your respective S-3s.

Registration cutoff is close of business March 9.

Closures

The Central Turn-In-Point, Directorate of Logistics, Building 90509, will be closed for a location survey from Monday through Friday.

For more information, call Salvador Ramos at 533-8522.

Scholarship Opportunity

The Mountain View Computer Users Group is offering two scholarships to Cochise County students graduating high school, or equivalent, in 2005 and entering college, or other higher education program, in summer or fall.

Scholarships are for students who have best used computers as a fundamental tool in a project completed while in high school, or equivalent education. Application postmark deadline is March 28.

Applications and guidelines for the scholarship are available on the MVCUG Web site, www.mvcug.org.

For more information, questions or guidance visit the Web site.

MI Library extended hours

The Military Intelligence Library will be extending its hours until 8 p.m. on Tuesday and Thursday nights starting Monday.

For more information, call Verlene Herrington at 533-4101

Retirement ceremony

The next Installation Retirement Ceremony is scheduled for 7 a.m., April 29 at Chaffee Field. All military and civilian retirees are invited to stand in this ceremony.

For more information call the U.S. Army Intelligence Command & Fort Huachuca Protocol Office at 533-1235 or Suzette Krusemark, Directorate for Planning Training, Mobilization Secu-

urity, 533-3185, to fill out an information sheet.

Spring break

Spring Break Vacation Bible School will run 8:15 a.m. – noon on March 21 – 23, for 4-year-olds through 6th graders.

Sign up now to either attend class or volunteer. For more information, call Dan DeVeney at 533-4598.

AFA membership discounts

The Air Force Association announces half price membership discounts for E-1s – E-4s. This offer, effective immediately and for an unlimited time, enables E-1s – E-4s to join the AFA for a discounted annual fee of \$18, half of the regular price.

By joining the AFA, members receive 12 monthly issues of Air Force Magazine.

Members can also take advantage of other benefits including financial services, insurance, education and career services, discount medical services, travel services, access to a “member only” online community and more. Membership is open to anyone who has served in any of the military branches and their spouses as well as their lineal ancestors or descendants.

All other persons interested in joining may do so in patron status.

Telephone directories

The new Cochise County telephone directories are available for pickup at the Official Mail and Distribution Center of the Directorate of Information Management, U.S. Army Garrison.

The OMDC is located in the back of Building 22408 at Christy Avenue and Butler Road. Operating hours are 7:30 a.m. – 4 p.m.

The telephone directories are for U.S. Army Garrison directorates and staff offices and partner activities.

For more information, call Gayle Olson at 533-3932.

Warrant Officers wanted

The Army is looking for highly motivated Soldiers, Marines, Sailors, and Airmen to fill its warrant officer ranks.

Positions are open in all 41 active duty warrant officer specialties, and the following are experiencing critical shortages: military intelligence, special forces, food service, criminal investigation, and airdrop systems technicians. Applicants with less than 12 years active federal service are encouraged to apply.

For more information, visit www.usarec.army.mil/warrant.

Female vocalists wanted

The 36th Army Band is looking for two active duty female vocalists for a newly formed Country Band. Soldiers must have Commander's approval for release from current unit.

If you think you have what it takes, please contact the 36th Army Band for an audition.

For more information, call Amy Morgan at 533-2515.

Lenten Penance service

Prepare yourselves for Easter by attending a Lenten Penance Service, 7 p.m., Monday at the Main Post Chapel.

For more information, call 533-4748.

Chaplain's Corner

Protestant Sunday Services

8 a.m.	Episcopal	Main Post
9:20 a.m.	Gospel	Kino Chapel
9:30 a.m.	Protestant	Prosser Vill.
11 a.m.	Cross Roads	Cochise The.
11 a.m.	Collective	Main Post
3:30 p.m.	ALPHA	Prosser Vill.

Roman Catholic Worship

Mon.-Fri. Mass	11:30 a.m.	Main Post	Saturday
Confession	4 p.m.	Main Post	
Saturday Mass	5 p.m.	Main Post	
Sunday Mass	9:30 a.m.	Main Post	
Sunday Mass	11:30 a.m.	Kino Chapel	

Jewish Worship

Friday	7 p.m.	Main Post
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Catholic

Main Post Chapel

CCD	Sunday	10:45 a.m.
Adult Apogetics	Sunday	10:45 a.m.
Adoration of the Blessed Sacrament	Friday	3 - 6 p.m.
Korean OCIA	Friday	7p.m.
MCCW	1st Friday	7 p.m.

Protestant

Main Post Chapel

PWOC	Tuesday	9 a.m.
Sunday School	Sunday	9:30 a.m.
Bible Study/Choir Practice	Thursday	6 p.m.
Men's Choir Rehearsal	Tuesday	7 p.m.

Muslim Prayer

Friday	11:30 p.m.	Main Post
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Buddhist Weekly Teaching

Tuesday	6:30 p.m.	Prosser Vil lage
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Orthodox Divine Liturgy

Sunday	10 a.m.	Main Post
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Latter Day Saints Service

Sunday	1 p.m.	Prosser Village
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Lent Services

Stations of the Cross	5 p.m.	Main Post
Fridays during Lent		
Poor Man's Meal	After the Stations of the Cross	Main Post
Poor Man's Meal	Wednesdays after 11:30 a.m. Mass	Main Post
Lent Penance Service	March 7 at 7 p.m.	Main Post

Youth group activities

The Fort Huachuca Chapel Youth Groups continue to meet on Sunday nights at the Main Post Chapel. The Middle School meeting is from 4 to 5 p.m.

The High School meeting is from 5:30 p.m. - 7 p.m. Join us for food, fun, friendship and faith. For more information, call Mike DeRienzo at 227-6059.

SNYDER, from Page 4

Snyder, a farmer's daughter, was teaching in a little country schoolhouse in Hallowell, Kan., when the Japanese attacked Pearl Harbor.

"I finished that term of school and went to work in the ordnance plant in Parsons, Kan.," she said. "I had different jobs there, including working on the assembly line for the M-21 boosters that went into shells to detonate bombs and running a big machine making big pellets."

She said working long, arduous hours wasn't as hard on her as it was for women who had families to care for. "I wasn't married and didn't have any children, so I got along pretty good," said Snyder, who later became a war bride.

After about a year at the ordnance plant, Snyder was talked into quitting and returning to teaching school. "A school out where my uncle was living near Wellington, Kan., (30 miles south of Wichita) didn't have a teacher," she noted. "So they begged me to come and teach in their school that year. So I did."

In those days, it wasn't necessary to have a college degree to teach school. "I took a course in high school that they called the 'normal training course,'" Snyder noted. "You had to take a state examination to get a teaching certificate. But I went to school in the summertime and got a few hours of college work. But I never got a degree."

"Those little country schools were lucky to get anybody to teach," Snyder said.

MEACHAM, from Page 4

of the entire team – including partners – to develop solutions you may not have originally considered," said Lt. Col. Joseph Schafer, the project manager for the KICC program.

A case in point: Because of the threat of car bombs, vehicles and drivers must undergo thorough security checks before being admitted through gates at bases in Iraq, a painstaking and time-consuming process, during which concrete can cure before get-

ting to where it's needed.

"We found that many loads of concrete – which we needed for pads to support satellite terminals and microwave towers – cured during the wait and had to be dumped," said Schafer.

Meacham, with the input of industry partners, came up with an out-of-the-box solution – the KICC team built concrete plants and housed local workers right at Camp Victory in Baghdad and Camp Anaconda in Bilad.

"You don't usually think of concrete as an IT product," noted Schafer. "This decision has saved time and money by avoiding the need for loads of concrete to be dumped because it has cured while waiting to get through a gate. Plus, it has avoided having concrete trucks destroyed and local workers killed or wounded in transit by insurgents."

CANCER, from Page 4

habits, stools that are narrower than usual, general stomach discomfort, vomiting, diarrhea, constipation, frequent gas pains, weight loss, rectal bleeding or constant tiredness.

Despite alarming diagnosis and death statistics, the society states that colorectal cancer is one of the most treatable cancers when caught early. After detection, surgery is required in almost all cases, sometimes in conjunction with chemotherapy, to cure the patient, the surgeons said. Patients whose cancer is detected and treated in the early stages have an 80-90 percent chance of returning to normal health. The cure rate drops to 50 percent in the later stages of the cancer, according to the society.

"Finding out early can save four out of five people," Mackey said.

There are currently five different types of screening for colorectal cancer. People can be screened using a fecal occult blood test, flexible sigmoidoscopy, which inserts a camera into the colon to look for abnormalities, a double contrast barium enema or barium x-ray, a colonoscopy which is similar to the flexible sigmoidoscopy except the tube camera is run the entire length of the colon and a digital rectal examination where the doctor physically feels the rectal area for abnormalities. People should receive one of these screenings every five to 10 years after age 50 said the society. Screenings are covered under Tricare for Soldiers, family members and retirees. Civilians should go through their primary care provider for more information.

For more information on colorectal cancer visit the ASCRS Web site at www.FASCRS.com.

Kudos

March Cost Warriors save money, make things more efficient

SCOUT REPORTS

Three Post employees have been selected as "Cost Warriors" for March. The trio's ideas will save the government nearly \$200,000 this year, make more efficient use of natural resources and reduce needless emergency services calls.

Donald Toole, an employee with the Directorate of Morale, Welfare and Recreation earned his Cost Warrior designation for his idea to use a dwarf variety of Bermuda grass for the Mountain View Golf Course. This hardier turf will save the government money since it requires less labor and maintenance to maintain and doesn't need as much fertilizer or herbicide as the variety it's replacing. Besides saving \$58,000 this year, additional cost savings will

continue while the new grass is in place.

Craig Hansen, an employee with the Directorate of Public Works earned his selection by developing a plan to re-pipe and reconfigure an existing absorption chiller that was abandoned when a solar project was stopped 20 years ago due to technical problems. Since the system uses a more efficient energy system, it will cost less to operate than it did in its original configuration. As an added bonus, the rejuvenated system will provide an additional power back-up system. This innovation is expected to save \$58,000 over the next 18 years.

Pat Quintana, an employee with the Directorate of Logistics, realized post emergency services personnel were being called out weekly to respond to a

faulty flame detection system out at Libby Army Airfield. Her recommendation to remove the system is expected to save the Army \$114,556 annually.

For more information on Cost Warriors or to nominate someone, call Kathy Jolly at 533-4980.

AFAP report brings up new

BY SPC. JOY PARIANTE
SCOUT STAFF

The Army Family Action Plan Conference came to an end March 3, bringing a whole new list of issues to the attention of Fort Huachuca's command group.

The conference, which ran March 1-3, brings Soldiers, civilians, family members and retirees together as delegates to identify community concerns. Delegates are separated into focus groups to cover a variety of post-relevant topics.

Joining the delegates are the fa-

cilitators; long-time AFAP participants who help develop group concerns for presentation to the command group. Issues can either be from brainstorming by the group or from the AFAP issues boxes that were stationed around post.

Each focus group picks three post issues to address. They develop explanations of the problem as well as potential solutions. There are teams of roving subject-matter experts who provide delegates with background information on each of the topics.

These issues are then sent for-

ward to the command group, who decides what issues can be solved at the post level, what issues should go up to the major command level and what issues can only be resolved at the Department of the Army level. Issues for the Department of the Army level include any that would require a change of policy or regulation.

The overall purpose of AFAP is to give the community the chance to alert the Army to the problems that affect them the most.

"The Soldier is always the centerpiece [of the Army]," Maj. Gen.

James C. Hylton, commanding general, U.S. Army Network Technology Command/9th Army Signal Command said. "What you've been a part of is a foundational approach in our Army to support Soldiers and families."

This year's issues came from people throughout the community, from officers' wives to teenagers.

Middle school students, for example, pointed out that they don't have any way to express their ideas to the community on a regular basis.

After all the issues were brought up during the development time, Morgan Graves, a Col. Smith Middle School student, realized that AFAP was the only time they had a forum to get their ideas out. The group's proposed solution was to have a monthly town-hall session with students and community leaders.

"We can have our voices heard and get changes made that we would appreciate, not just adults," Graves said.

High school students had issues too. One issue discussed



Photo by Elizabeth Davie

Maj. Gen. James Hylton made the opening remarks for the closing meeting March 3 at the Thunder Mountain Activity Centre.

the lack of a behind-the-wheel driver's training program in the local area. The proposed solution called for establishing a local driver's education course through Buena High School.

"It would teach us to be better drivers," said Buena sophomore Marie Quinn.

Quinn's group also brought up that the extra driving experience would lower new-driver insurance rates and help create safer young drivers.

The adult groups covered consumer services, family support, housing/transportation, medical/dental, youth services/education, installation support/civilian employment, benefits and entitlements/retirement services and Soldier support.

The family support focus group suggested a consistent duty schedule for Soldiers to combine accomplishing missions both at work and at home. Also proposed with this issue was the idea of Soldiers being able to leave their workplace when their work was done in order to boost both Soldier and family morale. The group suggested family time being moved to Friday to better coordinate with school work and spouses' work.

Childcare was a hot issue with the youth services/education group and the audience. Two of their three issues dealt with the childcare services on post. They brought attention to the insufficient amount of childcare slots for active duty military families. Department of the Army civilians, post contractors and active duty military are all given the same priority for childcare. The

group suggested putting military to the front of the line and letting civilian and contract children into the system as spots become available much the same way the post schools work.

Benefits and entitlements/retirement services had many subjects to cover but could only petition three issues, one of which would benefit noncommissioned officers Army wide. The group proposed an NCO degree completion program for indefinite career Soldiers, similar to the one afforded to officers.

"Education is becoming a discriminator for promotion," group member Staff Sgt. Wesley Hewitt, Company E, 305th Military Intelligence Battalion said. With the current operational tempo, NCOs can't focus fully on both work and school he added.

The proposed program would give NCOs who've accumulated enough credits, one year to complete their degree. Hewitt said the program would be a great retention tool to keep good, educated senior leadership in the Army.

Making a concern an AFAP issue is a great thing because it gets the problem visibility at the higher Army leadership level, said Col. Jonathan B. Hunter, garrison commander. Other issues from the AFAP conference heading up to command group for review include:

Consumer services group

- Allow Department of Defense civilians to use the commissary, shopettes and Post Exchange.
- Create an outdoor adventure and tour program on post to include activities such as trail rides,



Photo by Spc. Creighton Holub

Marie Quinn takes notes during the Teen Army Family Action Plan Conference held Saturday at the post Youth Activities Center. While new issues were brought forth, the teenagers also wanted improvements to some issues that have been raised before.

new post issues

rappelling and hiking. Hunter said an outdoor program was also proposed to him by the Sportsman Center.

- Adjust the commissary hours to better suit Soldiers and their families schedules.

Family support group

- Update the post information sources, and make them user friendly, such as the post Web site.
- Increase parking availability at Murr Community Center.

Housing/Transportation group

- Enforce housing policies and standards governing yard maintenance, recreational vehicles, fences, personal playground equipment, satellite dishes and others.
- Cut the cost of quarters termination. The group's specific concern was in finding a way to lower the costs of cleaning quarters for final inspection before leaving housing.
- Make sidewalks and bike paths, control speeding, and keep

streets well lit to make the housing areas and consumer areas on post more pedestrian and non-motorist friendly.

Medical/Dental group

- Provide personnel qualified to administer advanced life support techniques to the post fire department. Advanced life support is used for emergencies that are "immediately dangerous to life or health." Hunter said he is currently working with the post fire department to get statistics on the post's need for paramedics.
- Reimburse Soldiers for the out-of-pocket costs incurred from having to travel for specialty care not provided locally.
- Improve access to medical appointments. The group said that timely acute and routine care appointments cannot be accessed, and it's resulting in inadequate Soldier, family and retiree medical care.

Soldier support

- Create a centralized barracks

management so all Soldiers will have the same living conditions on post, not some in great barracks and some in substandard barracks or some Soldiers living two to a room and some living five to a room. Hunter said that centralized barracks management is already being worked on here.

- Give instructors a larger clothing allowance so they can maintain a sharper appearance. They are the role models for the Soldiers just entering military life.
- Allow time for one-on-one financial counseling during in-processing.

Youth services/Education

- Provide more adequate training for Child Development Center workers.
- Appoint a representative to the Fort Huachuca school board.

Benefits and entitlements/Retirement services

- Basic Allowance for Sustainance for all Soldiers. The group stated that due to lack of food choices, short dining facility hours and operational tempo, many Soldiers don't get to choose when and where and what they eat. Also, Soldiers with meal cards don't have dining facility access when they're away from a military installation, and they have to pay out of pocket to eat.
- Make the dislocation allowance more equitable for movement to higher-priced areas. Instead of being a base amount, DLA should be determined by where people are moving to.



Photo by Elizabeth Davie

The teens asked about the possibility of creating an outdoor adventure club on post.

Installation support/Civilian employment

- Create a centralized civilian employment center with job listings for on- and off-post jobs and job search resources.
- Create a recycling program here.
- Get rid of all reserved parking on Fort Huachuca except for handicapped spaces. "If it was up to me I'd get rid of all reserved parking," Hunter said. "Except for handicapped parking and two G.O. (general

officer) spots around post."

Middle school group

- Create additional after-school activities for middle school students' varied interests.
- Control pollution and litter on Fort Huachuca.

High school groups 1 and 2

- Create a post shuttle service running from housing and troop areas to consumer areas.
- Open a family style restaurant on post.
- Open a dance club for teenagers on post.
- Create a community performing arts center on post.
- Give family members on-post dental care to avoid the inconvenience and expense of off-post dentists.

The issues will be evaluated by different levels of the Army. Many AFAP issues are worked on at local or national levels for years before they're completed. Participants may not see the results of their efforts this year, Hunter said, but their efforts are affecting the leadership's decisions for years to come.



Photo by Spc. Creighton Holub

Recycling was one of the issues brought up in the conference.



Photo by Elizabeth Davie

All the issues were presented to the audience at the Thunder Mountain Activity Centre March 3.

Ultimate sacrifice paid in support of OIF

Pfc. Danny L. Anderson, 29, of Corpus Christi, Texas, died Feb. 27 in Baghdad, Iraq, from injuries sustained from small arms fire. Anderson was assigned to the Army's 26th Forward Support Battalion, 2nd Brigade, 3rd Infantry Division, Fort Stewart, Ga.

Sgt. Julio E. Negron, 28, of Pompano Beach, Fla., died in Baiji on Feb. 28. **Spc. Lizbeth Robles**, 31, of Vega Baja, Puerto Rico, died at the 228th Command Support Hospital in Tikrit, Iraq, on March 1. The incident is under investigation.

Spc. Robert S. Pugh, 25, of Meridian, Miss., died March 2 in Iskandariyah, Iraq, when an improvised explosive device detonated near his military vehicle. Pugh was assigned to the Army National Guard's 1st Battalion, 155th Infantry, McComb, Miss.

Spc. Azhar Ali, 27 of Flushing, N.Y. and **Spc. Wai P. Lwin**, 27, of Queens, N.Y. died on March 2 in Baghdad, when an improvised explosive device detonated near their military vehicle. Both

soldiers were assigned to the Army National Guard's 1st Battalion, 69th Infantry Regiment, Manhattan, New York, N.Y.

Sgt. 1st Class Michael D. Jones, 43, of Unity, Maine, died March 3 in Syracuse, N.Y., of a non-combat related illness. He had just returned from duty in Iraq. Jones was assigned to the Army National Guard's 133rd Engineer Battalion, Belfast, Maine.

Staff Sgt. Juan M. Solorio, 32, of Dallas, Texas, died Friday in Mosul, Iraq, when an improvised explosive device detonated near his military vehicle as his unit was being attacked by enemy forces using small arms fire. Solorio was assigned to the Army's 3rd Battalion, 21st Infantry Regiment, 1st Brigade, 25th Infantry Division, Fort Lewis, Wash.

Capt. Sean Grimes, 31, of Southfield, Mich., **Sgt. 1st Class Donald W. Eacho**, 38, of Black Creek, Wis., **Cpl. Stephen M. McGowan**, 26, of Newark, Del. and **Spc. Wade**

Michael Twyman, 27, of Vista, Calif. died on Friday in Ar Ramadi, Iraq when an improvised explosive device detonated near their patrol. The four Soldiers were assigned to the 1st Infantry Battalion, 9th Infantry Regiment, 2nd Brigade Combat Team, Fort Carson, Colo.

Spc. Adriana N. Salem, 21, of Elk Grove Village, Ill., died Friday in Remagen, Iraq when her military vehicle rolled over. Salem was assigned to the 3rd Forward Support Battalion, Division Support Command, 3rd Infantry Division, Fort Stewart, Ga. The incident is under investigation.



Service News



Program offers subsidized child care

Department of Defense officials have joined forces with national agencies to help National Guard and Army Reserve families in finding and affording child care while a parent is deployed supporting the war on terrorism.

DOD officials, who are working with the National Association of Child Care Resource and Referral Agencies, designed this initiative to benefit those who do not live near military installations.

The office does not fully subsidize child care, it does work to reduce the financial burden. The fees are based on a sliding scale that takes into consideration total family income and the care provider's actual cost, among other things.

To take part in the program, a family member can apply through the association on the operation's Web site or by calling toll-free at (800) 424-2246. The child-care provider also must apply — an important step because of how the subsidy is paid out.

Deployment marks first combat tour

Since 1955, Marines and Sailors of Marine Wing Headquarters Squadron 2 have been performing command and staff functions necessary to accomplish the 2nd Marine Aircraft Wing mission.

Although 2nd MAW has deployed to fight battles in the skies over many foreign lands since its inception in July 1941, its headquarters squadron, affectionately referred to as "The Deuce," has remained stateside, providing its support from Marine Corps Air Station, Cherry Point, N.C. That is, until now.

For the first time in its 60-year history, not only has MWHS-2 deployed as an entire unit, but also to a combat zone, to support the aviation combat element of the 2nd Marine Expeditionary Force (Forward) in the Al Anbar Province of Iraq.

"The Deuce" is a unique unit among the squadrons of the 2nd Marine Aircraft Wing. Comprised of more than 20 different military occupational specialties, ranging from administrative clerks and logistics Marines, to intelligence analysts and food service specialists, the Marines and Sailors of MWHS-2 hit the ground running when they arrived at Al Asad air base, Iraq, Feb. 16.

Navy commissions high-tech destroyer

The Navy commissioned its most advanced guided-missile destroyer to date, USS Nitze, in a ceremony at Naval Station Norfolk, Va., Saturday.

Cmdr. Michael Hegarty took command of Nitze in a ceremony that included remarks from former Secretary of the Navy John Lehman, Undersecretary of the Navy Dionel Aviles, Rear Adm. Charles Hamilton II, program executive officer - ships, and Rear Adm. Michael Nowakowski, commander, Naval Surface Force, U.S. Atlantic Fleet. U.S. Reps. Bobby Scott, 3rd District of Virginia, and Randy Forbes, 4th District, were among the honored guests.

Named for former secretary of the Navy and presidential adviser Paul H. Nitze, the ship is the newest of the Arleigh Burke-class destroyers, boasting the AEGIS weapons system and a MK 41 Vertical Launch System that fires a combination of up to 96 surface-to-air and Tomahawk missiles, as well as vertically launched ASROC torpedoes. In addition, Nitze is outfitted with a

remote control minehunting vehicle able to operate without a tether to detect, localize and identify mines in deep and shallow water.

Kevlar shorts all the rage

Airmen at Langley Air Force Base, Va., are testing Kevlar shorts designed to complement their current vests and helmets.

Base officials are the first in the Air Force to purchase the Kevlar Tactical Outer Protective Shorts. The shorts minimize fragment damage from the waistline to the knees and provide vital protection to the femoral artery, which passes close to the outer surface of the upper thighs carrying blood from the hip to the heart, officials said.

The 8-pound shorts can be donned in about 90 seconds. They are equipped with load-bearing suspenders for comfort, pockets for items like bullets and radios, and quick release latches which assist with the removal of the shorts in seconds, officials said.

They are made from 28 layers of Kevlar and provide level-three protection, making them able to shield against the effects of a 9 mm bullet. The shorts also have Velcro on the sides of the legs for adjustment, helping ensure proper fit.

"Kevlar shorts are part of the natural evolution to provide comprehensive protection to our warfighters," said Lt. Col. Scott Kiser, 1st Contracting Squadron commander.

The idea of Kevlar protection has been around since the Vietnam War, but it was not put into production until recently when newer, lightweight materials became available, officials said.

Sign up for the Thunder Mountain 5K or 10K Run

There's still time to sign up for the Thunder Mountain 5K/10K event, set to begin at 7 a.m., March 19.

The 5K and 10K runs are open to everyone. Participants may compete in one of the following categories: active duty military male or female; open division male or female; and master's division (age 40 plus) male and female.

Entry fees will be as follows for the 5K run: active duty military, with

souvenir T-shirt, \$15; active duty military, without souvenir T-shirt, \$7; civilian, with t-shirt, \$17; and civilian, without souvenir T-shirt, \$9.

Entry fees for the 10K run will be: active duty military, with souvenir T-shirt, \$18; active duty military, without souvenir T-shirt, \$11; civilian, with t-shirt, \$25; and civilian, without t-shirt, \$15.

The 10K and 5K competitive runs will both begin at Barnes Field House.

Final deadline to sign up is 6:30 a.m., the day of the runs.

Entry forms for the event are available at Barnes Field House, Eifler Fitness Center, or on the Internet at www.active.com/.

Visitors and guests to Fort Huachuca are reminded to use the Main Gate, and to allow extra time for the issuance of a pass to enter the fort.

For more information, call race director Kathy Gray at 533-0041 or e-mail kathy.gray@hua.army.mil.



Enter to win at Jeannie's Diner

Stop in at Jeannie's Diner now - March 26 and sign up to win one of two Easter baskets to be given away. Also, with each meal purchased at Jeannie's during those dates, adults can pick an Easter egg. The eggs contain coupons for free items or discounts at Jeannie's, Desert Lanes or other MWR facilities. There will also be special, candy-filled eggs for the kids, with meal purchase.

Call 533-5759 for more information.

MWR Rents offers free use of game room

MWR Rents has a fully equipped game room, available to everyone. Activities that you can choose from include: ping pong, pool, board games, video games, putt-putt golf and slot cars. Most of these are available free, or at a nominal charge.

Everyone is invited to come in and use the game room anytime during MWR Rents' hours of operation. The facility is open 10 a.m. - 5 p.m., Monday, Tuesday, Thursday, Friday and Saturday.

Groups that are interested in using the game room after hours should call to arrange a date and time.

For more information, call Glen Barnwell 533-6707.

Scotch Doubles tournament

Desert Lanes will host a Soldiers' Scotch Doubles Tournament starting at 1 p.m., Saturday and Sunday. The tournament will match Soldiers, in a blind draw, with members of the Sierra-Huachuca Bowling Association and the Sierra-Huachuca Women's Bowling Association.

Entry fee is \$9 for active duty and \$12 for bowling association members. There will be 100 percent prize fund payback.

Active duty military who are members of either SHBA or SHWBA must bowl as members.

Soldiers who want to register for the tournament, or anyone who would like more information, should call Desert Lanes at 533-2849.

Winter Chain Trap Shoot

The Sportsman's Center will host the Arizona Win-

ter Chain Trap Competition starting at 8 a.m., March 14-20. Each day, 100 shooters will participate. The competition is open to spectators and admission is free.

For more information, call Mick Gue at 533-7085.

Adult lifeguard class starts Tuesday

The Sports and Fitness branch of MWR will offer a lifeguard class for ages 15 and up, starting Tuesday and ending March 26 at Barnes Indoor Pool. There's still time to sign up for the class.

Cost of the class will be \$150. Students who successfully complete the course will receive lifeguard certification, first aid and CPR for the professional rescuer.

The lifeguard class is open to the public. For more information or to register, call 533-3858.

MVGC to hold Sunbird Tournament

Mountain View Golf Course will host the Sunbird Invitational Golf Tournament, beginning with an 8:30 a.m. shotgun start, March 19. The tournament is open to the public. Format will be a four-person scramble.

This tournament helps to support the MVGC Junior Golf Program.

For more information, including entry fees, call MVGC at 533-7088.

Free boxing lessons for active duty

Free boxing instruction for all active duty personnel will begin March 19 at Barnes Field House. Novice boxers will receive instruction for six weekends from All Army/USA Boxing Coach, Andre Portela. MWR will provide all equipment.

The instruction will culminate April 30, when graduates will be paired to compete in one bout at the Spring Festival.

For more information, call Les Woods at 533-4323 or sign up at the front desk at either Barnes Field House or Eifler Fitness Center.

Spring Festival vendor apps available

Vendor applications are now available for the Spring Festival, to be held April 29, 30 and May 1 at the R.L. Anderson Special Events Park, Fort Huachuca. The festival is open to the public.

Family readiness groups, private organizations, food, craft and other vendors are encouraged to take part in this money-making opportunity.

Applications can be picked up at Barnes Field House, and must be postmarked before April 8. For more information, call Karlie Jo Hale at 533-3858 or 266-0253.

Renaissance Festival extended

The 17th Annual Arizona Renaissance Festival has been extended for another weekend. The festival is being held 10 a.m. - 6 p.m., weekends at Apache Junction, Ariz. The festival was previously set to end the last weekend in March, but will now run through April 3.

The Renaissance Festival is a medieval amusement park, a 12-stage theater, a 30-acre circus, an arts and crafts fair, a jousting tournament and feast, all rolled into one non-stop adventure.

You can save by purchasing discounted tickets for this event at the MWR Box Office.

The Box Office also has tickets for events to be held at the Tucson Convention Center including: April 1, comedian Brian Regan; April 2 and 3, Les Sylphides ballet; April 21, Mariachi Showcase; April 22, Mariachi Espectacular; April 22 - May 1, "Thoroughly Modern Millie;" and April 30, comedian Paula Poundstone.

TCC event tickets may be purchased at the Box Office 10 a.m. - 4 p.m., Monday - Friday only.

With spring break coming up for many people, MWR Box Office can help with your vacation plans, making hotel reservations, or purchasing tickets for various local and out-of-state attractions.

For more information, call 533-2404 or drop by the MWR Box Office to see what they have to offer. The facility is located in Building 52008 on Arizona Street, across from the Commissary, between the MWR Arts Center and Carlson Wagonlit Travel. Their hours of operation are 9 a.m. - 5 p.m., Monday - Friday.

Summer hours in effect at MVGC

Summer hours are now in effect at Mountain View Golf Course. MVGC is open 7:30 a.m. - 6 p.m., seven days a week. For more information, call 533-7088.



Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German, at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com.

The Scout TimeOut



Movies

The Wedding Date plays at 7 p.m. Friday and 2 p.m. Sunday at the Cochise Theater. For the complete listing of this week's movies, see Page 28.

TKD team not kicking so hard

BY SPC. JOY PARIANTE
SCOUT STAFF

It was a disappointing weekend for the post taekwondo team. They visited Phoenix for the Arizona Winter Taekwondo Classic Tournament where the team took silver and bronze, but for the first time, no gold.

"They performed fairly well, they just had tougher competition at this tournament," Coach Howard Clayton,

the installation operational law attorney, said.

Team member Dar'ya Grozovskaya, 504th Signal Battalion's paralegal specialist, sparred first. She took second against a higher belt fighter. Next was Bill Shumsky, a health systems specialist at Raymond W. Bliss Army Health Center. Shumsky took third in his weight and belt class.

The team is fighting small local tournaments to build their resumes and gain ring experi-

ence. Shumsky is working towards regional competition in Anaheim, Calif. in May and Grozovskaya is going out for the All Army Taekwondo Team in April as well as the regional competition. Both fighters will then head to the national competition later this year.

"This was a good experience. They can use this [competition experience] as a springboard for the regional and national tournaments later this year," Clayton said.



Photo by Spc. Joy Pariente

Bill Shumsky, health systems specialist at Raymond W. Bliss Army Health Center, beats on an opponent at the Arizona Winter Taekwondo Classic Tournament in Phoenix Saturday.



Photo by Spc. Marcus Butler

Nothing but air

Antone Phillips, shooting guard for Network Enterprise Technology Command goes up strong for a layup drawing contact and the foul. NETCOM is the No. 1 seed going into the playoffs, earning a first round bye, with the record of 15 wins and two losses finishing off the regular season. The playoffs are slated to begin 6 p.m., Monday.

Company C, 304th MI clinches No.2 seed

SPC. MARCUS BUTLER
SCOUT STAFF

Company C, 304th Military Intelligence Battalion beat Medical Department Activity Team Two, March 3 at Barnes Field House to clinch the No. 2 seed of the Commander's Cup basketball competition.

One of the league's dominant teams, Company C, 304th won most of their games during the regular season by an av-

erage margin of 20 points.

This game would not be any different.

Right from the start, Company C, 304th came out of the gates with 7 unanswered points thanks mostly to the shooting of Clark Crawford and Anthony Williams.

MEDDAC did not score at all until nine minutes into the first half.

With 30 seconds to go in the first half, Company C, 304th had

stretched the lead to 16 and with a buzzer beating 3-point shot by Charles McMillian, the half ended with the score Company C, 304th 19 and MEDDAC 5.

Beginning the second half, MEDDAC came out and out scored Company C, 304th in the first five minutes by a score of 10 to 4.

"We wanted to come out and give them a run for their money," said Tom Grant, a MEDDAC guard.

The MEDDAC team cut the deficit by 15 bringing them within striking distance of the lead for the first time in the game with the score 23 - 20.

In response, Company C, 304th began to hold the ball on every possession forcing MEDDAC to foul. They were soon in foul trouble as a result.

This tactic put Company C, 304th into bonus (meaning they would shoot fouls on every infraction) with three minutes

left. The team took advantage of the situation by sinking eight out of eight free throws sealing the victory.

The final score was Company C, 304th 31 and MEDDAC 25.

"We have the playoffs to look forward to now," said Williams. "As long as we do what we have done all season we have nothing to worry about."

Army cyclist ready to race

BY AMANDA KEITH
SCOUT STAFF

Matthew Lorenz is a glutton for punishment.

The 33-year-old Soldier plans on riding from 20 to 30 bike races this year, including some as long as 90 miles. As if that weren't enough, he's also planning on competing in the Ironman Triathlon.

Lorenz is a member of the Armed Forces Cycling Team. He's also a full-time Soldier.

"Everybody (on the cycling team) is full-time military, so we all have real jobs," he said. "We all have responsibilities to earn our check outside of our

little bike racing fantasy."

His cycling "fantasy" began early in his life. His mom would take him to a BMX track when he was little. In high school Lorenz tried swimming, baseball and mountain biking, which later led to some triathlon competitions in college and his participation with the cycling team.

Lorenz and the Armed Forces Cycling Team are preparing for two races next month: La Vuelta de Bisbee and the Tour of the Gila in Silver Springs, N.M.

La Vuelta de Bisbee begins on April 22, and it's a grueling 3-day race held around the

town of Bisbee. The race begins with a prologue, a 2.8-mile time trial Friday night; followed by an 80-mile ride Saturday morning. Then, on Saturday night, an 8-mile time trial ride awaits the armed forces cyclists. The event finishes up on Sunday morning with the final 90-mile ride.

"It's really neat," he said. "We function as a team; everybody has their roles, and we help each other out. Usually, there is a designated leader or we've picked the strongest guy who's cycling at that time to support him. He'll ride in our draft, behind us, so he doesn't have to break through the wind

so much, and we carry little water bottles for each other and help each other out."

Of course, being a full-time Soldier and a cyclist isn't an easy combination. The former helicopter pilot is assigned to Company 306th Military Intelligence Battalion where he works in the Unmanned Aerial Vehicle procurement program. Sometimes his training schedule is compromised by his work.

"I'm sure I would be much better and much faster if I had a routine," Lorenz said, "but it's tough with work to fit it all



Photo by Elizabeth Davies

Matthew Lorenz races in last year's La Vuelta de Bisbee.

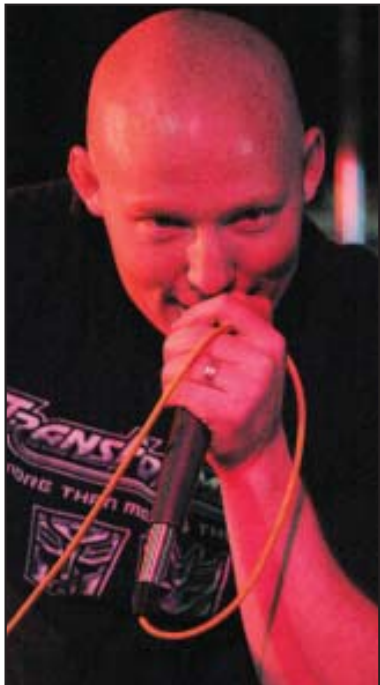
See RACE, Page 29

'Gimme 5' concert brings rockin' music to fort

BY SPC. CREIGHTON HOLUB
SCOUT STAFF

The "Gimme 5" concert at the Thunder Mountain Activity Centre brought in 80 people Friday night to see performers all the way from Europe.

Members of Fort Huachuca's own "From the Ashes," the Department of the Army's 2004 Battle of the Bands



Drill Sgt. Dustin Cloos, Company B, 305th Military Intelligence Battalion, sings during his band's part of the show. Cloos is a member of "From the Ashes," the 2004 best rock band of the Army Battle of the Bands.

best rock band, helped set up the concert. Also performing was crowd favorite and headliner, "Jupiter Sunrise," a band from southern California that has had music played on MTV's Real World. There was also a solo pianist/vocalist who is touring with them.

"I'm excited because I have no idea what to expect," said Amanda Rogers, the pianist/vocalist, about her first time performing on a military installation. While she has toured Germany twice, this is her first West Coast tour.

The event brought out hard-core Jupiter Sunrise fans that have never been to a concert on the fort before.

"It's the first concert on the fort I've been to," Joshua Dooley said. "I came to see Jupiter Sunrise."

The headlining band also helped a 15-year-old celebrate her birthday.

"This is the best birthday I've ever had," Amanda Frank said about her 15th birthday. "I'm obsessed with Jupiter Sunrise. I haven't seen them in a year."

While the size of the TMAC is not as large as Barnes Field House, the place where the post's previous concert was held, the concert-goers were content with the atmosphere.

"This has better quality music," Frank said comparing the TMAC against other concert venues she has been to. "This is the best concert: it's warm and you can hear what's going on."

The concert also had a laid back atmosphere,



Photos by Spc. Creighton Holub

Amanda Rogers sings during the "Gimme 5" concert Friday at the Thunder Mountain Activity Centre. Rogers is touring with "Jupiter Sunrise."

due in part to the venue.

"This is pretty nice, but we like go-

ing to the rowdier ones (concerts) because we like to jump around to let off steam," Roman Roddey said.

The acoustic songs, mixed with the punk rock and heavy metal sounds of the bands, formed a musical variety that gave the 80-plus attendees a wide selection of styles to enjoy. Although Friday's concert had a smaller location and fewer people than the last concert on post, the attendees were happy with the scene.

"It's nice and quaint," Amanda Temenak said. "It's actually like a concert here."



Spc. Aric Coppola and Pvt. Brandon Cimorelli, both from Company B, 305th Military Intelligence Battalion, enjoy the music while guarding the "Gimme 5" concert.

Arizona Tourist

Desert museum a great daytrip for family

BY SPC. SUSAN REDWINE
SCOUT STAFF

One sunny Saturday morning, visitors to the Arizona-Sonora Desert Museum in Tucson were greeted by an American kestrel, well, actually, a museum volunteer showing off a handsome, colorful male kestrel, the smallest falcon in North America.

This is just one of the many natural wonders from our corner of the continent that can be discovered at the desert museum.

"For a half-century the Arizona-Sonora Desert Museum has enchanted millions of visitors with its exhibits of live animals in



American Kestrel

astonishingly natural settings," according to the Web site, www.desertmuseum.org.

The museum boasts more than 300 animal species and 1,200 different types of plants on its 21 acres traversed by almost two miles of paths, the Web site states.

"The serenity and beauty can rejuvenate anyone's flagging spirits," Barbara Covarrubias, a museum volunteer said.

"Anyone would be hard-pressed to walk through and not feel better by the end.

"Once you get here, you always want to come back," she said.

The exhibits re-create the natural landscape of the Sonoran Desert Region so you find yourself eye-to-eye with mountain lions, prairie dogs, Gila monsters, and more, according to the desert museum Web site.

Sgt. Steve Stricklin, Company A, 306th Military Intelligence Battalion, took his family to the museum, and decided to come back because they had not seen enough of it. He said he had heard from someone in his company that it was a good place to take his kids.

"I always look for things to do for the kids," he said. "It's especially good to bring your kids here. It's a learning experience, especially if you're not from the desert."

"I like the animals," Stricklin's daughter Sierra, 8, said of the museum. "I've seen snakes and birds."

She said she really liked the museum, especially some of the birds, including what she described as an "Army bird."

In even a brief visit, visitors can get a glimpse of examples of the six different subdivisions of the Sonoran Desert and the many plants found in these regions, including the palo verde, cholla, prickly



Photos by Spc. Susan Redwine

Ocelot

pear, creosote bush, ocotillo, yucca and also learn about the signature plant of the Sonora – the saguaro.

Docents – volunteers trained to guide and interpret the desert for visitors – man stations to show various lifecycles and uses that the saguaro has traditionally had. A single plant can put out as many as 4 million seeds in its lifetime, with perhaps one of those growing into another cactus. The stately plant can grow up to 40 feet tall and weigh 8 tons during a life-span that can reach as long as 200 years.

In addition to the abundant plant life, there are also many animals to be found at the museum.

Mountain lions, black bears, Mexican grey wolves, ocelots, bobcats, bighorn sheep and innumerable birds have habitats at the museum, in addition to the coyotes and javelinas, and other animals that make

their home on the grounds simply because it's a protected space where they can live.

"You can come to the museum and have a really wonderful experience for two to three hours and never have to take orders from anybody," Covarrubias said. "You can go at your own pace, and you can find yourself here."

To get to the Arizona-Sonora Desert Museum, take interstate highway I-10, exit onto Speedway Blvd. and head west. Turn right onto Kinney Road. In about two and a half miles, the Desert Museum will be on your left. Hours are 7:30 a.m. – 5 p.m. The cost to enter the museum is \$12 for adults and \$4 for children 6-12, from November through April. From May through October, the fees are \$9 for adults and \$2 for children 6-12. Children 5 and under are always free. For more information, visit the museum Web site at www.desertmuseum.org.

Community concert

Spend an evening with Guy Lombardo's Royal Canadians with Al Pierson, at 7 p.m., Friday, at the Buena Performing Arts Center, Buena High School as part of the "Art Discovery Series," presented by the City of Sierra Vista Parks and Leisure Services. Tickets are \$12 in advance, \$15 at the door, and \$5 for children 12 and under.

Enjoy the Sweetest Music this side of Heaven. Who can forget the wonderful tunes like "Seems Like Old Times," "Boo Hoo," "Coquette," "Sweethearts on Parade," "Johnson Rag," "Bye Bye Blues," and many more wonderful tunes played at the countless concerts and dances by the Guy Lombardo Orchestra.

Founded in 1919, the Guy Lombardo Orchestra is the longest running act in show business history now playing to the great grandchildren of their original fans. Al Pierson toured the world for nearly 15 years before being asked to take over and rejuvenate the Lombardo band and its musical library.

For more information, call the Oscar Yrun Community Center at 458-7922, the Ethel H. Berger Center at 417-6980, or the Sierra Vista Aquatic Center at 417-4800, or e-mail at tadkins@sierra-vista.az.us.

St. Patrick's Day parade

The 6th annual St. Patrick's Day parade will be held at noon Saturday starting at the corner of 7th Street and Fry Boulevard.

Anyone interested in participating in the parade can call Catherine Donovan at 458-8100 or e-mail her at donovanz@aol.com.



Whitewater Creek journey

Sierra Vista Parks and Leisure Services is holding a Whitewater Creek, N.M., journey March 19 from 7 a.m. to 5 p.m. For more information, call the Oscar Yrun Community Center at 458-7922, the Ethel H.

Berger Center at 417-6980 or the Sierra Vista Aquatic Center at 417-4800.

Tohono O'odham Culture

The Amerind Foundation is holding a celebration of Tohono O'odham Culture from 10 a.m. to 4 p.m. on March 19 at its Dragoon, Ariz. location. Activities will include basket making demonstrations, cultural presentations, basket dancers and music by "The Pima Express." Admission is \$3.00, and children under 12 enter free. Visit the organization's Web site www.amerind.org or call 520-586-3666 for more information.

Spring soccer camp for youth

Youth Services will present a spring break soccer camp March 21-25 at Geronimo Field. There will be a daily morning session, 10 a.m. - noon and an afternoon session, 1 - 3 p.m.

The camp is open to all youth ages 8 - 15. Cost of the camp will be \$25 for the week. All participants will receive a t-shirt and a ball.

For more information or to register, call Youth Services at 533-3212 or 533-3205.

B Troop seeks volunteers

Fort Huachuca's B Troop, 4th U.S. Cavalry Regiment (Memorial) is looking for volunteers. B Troop participates in various parades and ceremonies both on post and nationally. They've been to the Orange Bowl Parade in Miami and Helldorado Days in Tombstone. Riding experience is not necessary and new troopers and ladies auxiliary hopefuls go through a ground and riding school prior to participation with the troop. For more information, call B Troop Commander Jay Hizer 538-2566, B Troop 1st Sgt. Juan Villarreal 378-2367 or the B Troop office 538-2178.

Sale at Sportsman's Center

The Sportsman's Center is offering 10 percent off all merchandise, including guns, ammunition; wild game calls,

cleaning kits, and all other items in the pro shop. The sale will continue until all merchandise has been sold. For more information, call Mick Gue at 533-7085.

Little League baseball registration

Registration for the Fort Huachuca Youth Sports Little League baseball program is now in progress and will continue through March 18. Youths wishing to participate can sign up at either the Youth Center or Murr Community Center.

Those registering should bring their birth certificate and a current sports physical.

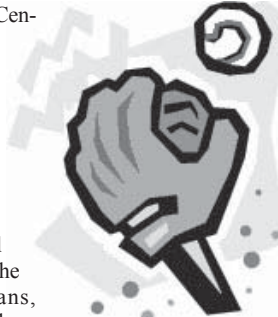
The program is open to youths ages 5 - 15, whose parents are active duty or retired military, Department of the Army civilians, Nonappropriated Fund employees or contractor employees. Youth must also be members of Child and Youth Services. For CYS registration, call 533-0738.

Cost of the program is \$35 for the first child; \$30 for the second child; and \$25 for the third child in the same family.

Coaches are needed for all age groups. For more information, call the Youth Sports Office at 533-8168 or 533-3205. Opening day for the Little League baseball program is tentatively scheduled for April 16.

Kiwanis skate/bike park telethon

The Kiwanis Club of Sierra Vista will hold its 5th annual skate/bike park telethon from 5:30 to 9:30 p.m. April 19 at the Buena Performing Arts Center, Buena High School (broadcast live on Community Channel 7) to help raise funds to help build a youth skate/bike park. For more information, call Bob Caulfield at 515-9895 or Harry Bowen at 458-1058.



Pets Of The Week



Rusty is a neutered, 11-month-old Australian Shepherd mix.



Macho is an 11-month-old male Cocker Spaniel mix.

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit forthuachucapetfinder.com. In accordance with Army regulation stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.

At The Movies

Showing at the Cochise Theater for the next week are:

Today -7 p.m.

Hide And Seek
R

Friday -7 p.m.

The Wedding Date
PG-13

Saturday -7 p.m.

Phantom Of The Opera
PG-13

Sunday -2 p.m.

The Wedding Date
PG-13

Monday - Wednesday
Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

For the latest news in the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day. The Fort Report airs weekdays at 6 a.m., noon, 6 p.m. and 10 p.m. Army NewsWatch follows at 6:05 a.m., 12:05 p.m., 6:05 p.m. and 10:05 p.m. Catch Air Force TV News right after at 7 a.m., 1 p.m., 7 p.m. and 11 p.m. Be sure to top it all off with Navy/Marine Corps News at 7:30 a.m., 1:30 p.m., 7:30 p.m. and 11:30 p.m.

If you're interested in posting your message on the Commander's Channel, e-mail your request to channel97@hua.army.mil.



RACE, from Page 24

in ... last minute work requirements would get in the way of a strict routine. So I don't really have a routine. I have a calendar with a big, one-over-the-world-hand-wave idea of what I want to do and where I want to be at certain stages, and I kind of just go with that. So much of it is how you feel. If you feel bad, you've got to slow down. If you feel good, you can maybe pick it up a little bit."

How you feel physically is a huge part of being an athlete and Lorenz is no exception. "That's the big battle," Lorenz said.

"You've got to ... do more training, do faster, harder training, just on the downside edge of not being injured, not training too much. It's kind of that careful line... You can do some harm if you push it too hard and do too much."

All of these considerations go into play before a competition, but Lorenz will face the Ironman Triathlon just 13 days

before the La Vuelta de Bisbee.

Lorenz isn't new to the Ironman competition (he competed in the German Ironman Triathlon three times and the Austrian Ironman Triathlon once) but for an athlete whose primary sport is cycling, the competition poses its own problems.

"I laid off running for the past couple years," he said, "so I'm really picking that up now. Running and cycling don't exactly go together. So I'm trying to be careful at the line of enough running for Ironman, but not too much running to maybe hinder my cycling abilities to support the team and to maintain my Armed Forces cycling team membership. I have a responsibility to the team to maintain that."

Lorenz won't be facing the Ironman alone; his training partner/girlfriend, Kathleen Vedock, a civilian pediatrician, will be tackling that competition with him.

"I don't know how my body

is going to react," Vedock said. "[I'll] see what I'm capable of doing."

"I hope, of course, I do well," Lorenz said. "[La Vuelta de Bisbee] is two weeks after Ironman, so maybe I'm a little bit nervous about that, but I think my training going into the races is a little bit more than last year, so I should be OK."



Matthew Lorenz

Ask The Dietitian

Question: What is the difference between a nutritionist and a dietitian?

Answer: With all the information out there on nutrition and fitness, knowing who to ask for the most accurate information is important. Too often the terms "nutritionist" and "dietitian" are used together to describe someone with knowledge about food and health, however, the terms are very different. A "nutritionist" can be used to describe anyone with knowledge about nutrition even if they only have one college level nutrition course. "Dietitians" or a "Registered Dietitian" need at least a Bachelor's Degree, must complete a dietetic internship, and pass a national registration exam in order to practice nutrition. In addition, RD's must obtain continuing education in order to maintain their creden-



Capt. Jennifer L. Rodriguez
Registered Dietitian

tials. So, when looking for expert advice on nutrition and health, seek out a Registered Dietitian and rest assured you will get the most accurate, up-to-date nutrition information out there.

Rodriguez is a Registered Dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to jennifer.rodriguez1@us.army.mil.